



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

**DOWNTOWN YMCA
 POOL SCHEDULE DECEMBER 2018**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 6:00 6:30 7:00 7:30	Adult Lap 5:00-8:00	Adult Lap 5:00-8:00	Adult Lap 5:00-8:00	Adult Lap 5:00-8:00	Adult Lap 5:00-8:00	POOL OPENS AT 8:00 AM	
8:00 8:30 9:00 9:30	Hydro Fit 8:00-9:00 Water Yoga 9:00-9:45	Hydro Fit 8:00-9:00 SilverSplash® 9:00-9:45	Hydro Fit 8:00-9:00 Deep Water 9:00-9:45	Hydro Fit 8:00-9:00 SilverSplash® 9:00-9:45	Hydro Fit 8:00-9:00 Water Yoga 9:00-9:45	Adult Lap 8:00-9:00 Aqua Zumba® 9:00-9:45	
10:00 10:30 11:00 11:30	Open Swim 10:00-12:00	AT Swim Lessons 10:00-11:00 Open Swim 11:00-12:00	Open Swim 10:00-12:00	AT Swim Lessons 10:00-11:00 Open Swim 11:00-12:00	Open Swim 10:00-12:00	Open Swim 10:00-6:00	POOL OPENS AT 2:00 PM
12:00 12:30	Adult Lap 12:00-1:00	Adult Lap 12:00-1:00	Adult Lap 12:00-1:00	Adult Lap 12:00-1:00	Adult Lap 12:00-1:00		
1:00 1:30 2:00 2:30 3:00 3:30 4:00 4:30 5:00	Pool Closed 1:00-3:00 Open Swim 3:00-5:00	Pool Closed 1:00-3:00 Open Swim 3:00-5:00	Pool Closed 1:00-3:00 Open Swim 3:00-5:00	Pool Closed 1:00-3:00 Open Swim 3:00-5:00	Pool Closed 1:00-3:00 Open Swim 3:00-6:45		Open Swim 2:00-5:00
5:15 5:30 6:00 6:15 6:30 6:45 7:00	Hydro Fit 5:15-6:00 Pre-school and P/C lessons* 6:05-6:35 Youth Swim Lessons* 6:40-7:15	Hydro Fit 5:15-6:00 Pre-school and P/C lessons* 6:05-6:35 Youth Swim Lessons* 6:40-7:15	Aqua Zumba 5:15-6:00 Pre-school and P/C lessons* 6:05-6:35 Youth Swim Lessons* 6:40-7:15	Hydro Fit 5:15-6:00 Pre-school and P/C lessons* 6:05-6:35 Youth Swim Lessons* 6:40-7:15		POOL CLOSES AT 6:00 PM	POOL CLOSES AT 5:00 PM
7:15 7:30 7:45	Open Swim Adult Lessons* 7:15-7:45	Open Swim 7:15-7:45	Open Swim 7:15-7:45	Open Swim 7:15-7:45			

NOTICE: There are usually two lap lanes available for multiple swimmers to use. We reserve the right to pull lap lanes or close the deep end as needed; especially during hydro-fit, lifeguard classes, snail slide and large swim lesson classes.

* These are fee based classes; contact Chuck Gallatin at 741-5541 for more information.



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YMCA of Muncie Water Fitness

Deep Water

This intense deep-water workout is offered year round. Deep Water is performed entirely in the deep end of the pool using the aid of floatation belts. This class is guaranteed to get your heart pumping and muscles toned.

Hydro Fit

This 55-minute class focuses on improving cardiovascular, strength and flexibility by using the water's natural resistance. Most exercises are performed in the shallow end of the pool.

Water Yoga

A unique class offering ample benefits. The design of this class helps gain flexibility and strength while listening to soothing yoga music. Incorporates yoga poses with water resistance.

Silver Splash®

Activate your aqua exercise urge for variety! Silver Splash® offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special Silver Sneakers® kickboard is used to develop strength, balance and coordination.

Aqua Zumba®

Aqua Zumba® blends the Zumba® philosophy with water resistance for one pool party you shouldn't miss! Less impact on your joints means you can really let loose. And water creates natural resistance, which means every step is more challenging and helps tone your muscles. It's perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise class to their fitness routine.

Swim Lessons

Swim Lessons are offered in four-week sessions Monday/Wednesday or Tuesday/Thursday evenings at the Downtown YMCA pool. Each skill level builds upon the previous level covering all the fundamentals. For more information on swim lessons, see the separate swim lesson flyer.